

Muscle Relaxation

Below you will see a relaxation guides to help you reduce any physical feelings of nerves or anxiety. When we get nervous or anxious our muscles begin to get tense or shake. Sometimes you will feel this happening and other times it might be gradual, so you don't notice it.

While feelings of nervousness are completely natural and normal, they can be unpleasant to experience. It can be really helpful to be able to calm our body through relaxing our muscles, as which then helps us to calm our mind.

Step 1: Sit comfortably with both feet on the ground and your arms relaxed by your side, you can also do this lying down. Close your eyes/find a focus point and take five slow deep breaths, each time inhaling for 5secs, holding for 5 secs and exhaling for 5 secs.

Step 2: Notice tensions in your body as you are doing breathing: areas that feel tense, heavy or sensations that you perhaps just feel drawn to. Bring this attention down your body to your feet. Begin to tense your feet and hold the tension for 5 seconds before relaxing. Notice the change in feeling after relaxing.

Step 3: Move your focus up and onto your legs, firstly your calves and then thighs, tensing for 5 seconds and relaxing. Remember to continue breathing deeply and slowly during this, acknowledging and discarding any thoughts that may come to the front of your mind during the process.

Step 4: Continue to move focus onto each area of your body (glutes, back, stomach, chest, upper and lower arms, shoulders, hands, jaw and face) tensing each area for 5 seconds before relaxing while maintaining slow deep breaths.

Step 5: Finally, tense your entire body and hold it again for a further five seconds. When relaxing, take care to notice how limp and relaxed all of your muscles have become. Pay attention to areas that previous had tension and notice the difference in sensations when relaxed. You can begin to waken your body slowly, readjusting your arms/legs or stretching and open your eyes when ready. (This technique can be useful to help the body relax before sleeping, should this be the case there is no need to adjust and stretch muscles or open eyes).

